



Western Psychiatric Institute and Clinic of UPMC
Comprehensive Recovery Services
Office of Educational Resources and Planning

University of Pittsburgh School of Medicine
Center for Continuing Education in the Health
Sciences

Community Care Behavioral Health Organization

“35th Annual Pittsburgh Schizophrenia Conference”

(MD26)

November 16, 2018

Sheraton Station Square
Pittsburgh, PA

Course Director:

KN Roy Chengappa, MD

Recovery and Wellness: The Journey Starts Here
**A Joint Effort Sponsored by Community Care Behavioral Health
and Western Psychiatric Institute and Clinic of UPMC**

“35th Annual Pittsburgh Schizophrenia Conference”

**Sheraton Station
Square Pittsburgh,
Pennsylvania
November 16, 2018**

Introduction

The Pittsburgh Schizophrenia Conference is an annual meeting at which the advances in schizophrenia research are reviewed by experts in the field. This year’s meeting will cover a range of topics including a review of psychotherapies in schizophrenia, the use of transcranial direct current stimulation for auditory hallucinations, when is it appropriate to deprescribe anticholinergic drugs and the impact of service coordination activities on the care of persons with serious mental illness. Presentation of the 2018 Gerard Hogarty Research Excellence Prize to Dr. John Kane will also take place during the meeting.

Who Should Attend

The conference is designed to disseminate the latest clinical and research findings to a wide audience: psychiatrists and other mental health clinicians, including nurses, social workers, psychologists, service coordinators, researchers, patients and their relatives, mental health policy administrators and others who intend to keep current regarding treatment research in schizophrenia.

Learning Objectives

At the completion of the program, participants should be able to:

1. Recognize the essential elements of coordinated specialty care early in the course of schizophrenia.
2. Review the concept of the duration of untreated psychoses and steps taken to reduce the duration.
3. Review what service coordinators/case managers do in assisting persons with serious mental illness achieve milestones in their recovery process.
4. Evaluate mental health outcomes achieved by persons with mental illness who engage in service coordination/case management services.
5. Review the evidence for the benefits of various psychotherapies in the treatment of schizophrenia.
6. Evaluate the data for using transcranial direct current stimulation (t-DCS) in the treatment of auditory hallucinations in schizophrenia.
7. Recognize the use of anti-cholinergic agents in the treatment of side-effects of anti-psychotic drugs and consider when it is appropriate to taper and stop these medications.
8. Recognize how the creative arts and music play an important role in achieving recovery milestones in serious mental illness.

***Gerard E. Hogarty Excellence in Schizophrenia
Research Memorial Award Winner***

John M. Kane, MD

Senior Vice President for Behavioral Health Services
Northwell Health

New Hyde Park, NY

Professor and Chairman

Donald and Barbara Zucker School of Medicine at Hofstra/Northwell

The Zucker Hillside Hospital

Glen Oaks, NY

John M. Kane, MD, is Senior Vice President for Behavioral Health Services at Northwell Health in New Hyde Park, New York. He is Professor and Chairman of Psychiatry at The Donald and Barbara Zucker School of Medicine at Hofstra/Northwell. He also serves as Chairman of Psychiatry at The Zucker Hillside Hospital in Glen Oaks, New York. Dr. Kane received a BA from Cornell University and earned his medical degree from New York University School of Medicine. He completed his residency in Psychiatry at The Zucker Hillside Hospital. He is a Diplomate of the American Board of Psychiatry and Neurology.



Dr. Kane is the recipient of many awards, including: the Lieber Prize; The APA's Kempf Award, the Galnick Award and Foundations Prize; the New York State Office of Mental Health Lifetime Achievement Award; and The Dean Award from the American College of Psychiatrists. He has served as President of the American Society of Clinical Psychopharmacology, the Psychiatric Research Society and the Schizophrenia International Research Society. Dr. Kane has been the principal investigator for research projects focusing on schizophrenia psychobiology, treatment and recovery, as well as improving the quality and cost of care. He is the author of 600 peer-reviewed papers and serves on the editorial boards of numerous journals.

Gerard E. Hogarty Excellence in Schizophrenia Research Memorial Lecture:

“Lessons Learned From RAISE-ETP: Where Do We Go from Here?”

The early identification and management of first episode psychosis remains an enormous challenge, yet its success can play a pivotal role in subsequent outcome. The NIMH-funded RAISE-ETP program demonstrated a number of advantages for coordinated specialty care (CSC) in comparison to usual community care. Specifically, participants receiving coordinated specialty care did better on quality of life, symptoms, retention in treatment and return to work or school. At the same time, the median duration of untreated psychosis (DUP) in this sample from 21 different states across the U.S. was 74 weeks, with 68% of participants having a DUP of greater than six months. Longer DUP was associated with less benefit from CSC.

This presentation will review some of the factors contributing to DUP and some approaches to potentially reducing it-involving social media and the Internet. In addition, despite CSC, 34% of these first episode patients were hospitalized within the next two years in comparison to 37% in the control condition. Not surprisingly, attitudes towards medication-taking was one of the predictors of hospitalization. This presentation will also discuss the adherence challenge and recent efforts to increase the utilization of long-acting formulations of antipsychotic medications. Much of this work links directly back to the enormous contributions of Gerard Hogarty.

By the completion of this session, participants should be able to:

1. Recognize the basics of coordinated specialty care in early phase schizophrenia
2. Discuss recent findings from controlled trials of coordinated specialty care
3. Explain the impact of the duration of untreated psychosis and describe different steps being taken to reduce it

Course Director

K.N. Roy Chengappa, MD

Professor of Psychiatry
University of Pittsburgh School of Medicine
Chief, Comprehensive Recovery Services
Western Psychiatric Institute and Clinic of UPMC

Gerard E. Hogarty Excellence in Schizophrenia Research Memorial Award Winner

John M. Kane, MD

Senior Vice President for Behavioral Health Services
Northwell Health
New Hyde Park, NY
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The Zucker Hillside Hospital
Glen Oaks, NY

Faculty

Kimberly Clinebell, MD

Clinical Assistant Professor of Psychiatry
University of Pittsburgh School of Medicine
Western Psychiatric Institute and Clinic of UPMC
Pittsburgh, PA

Brian A. Coffman, PhD

Research Instructor
Department of Psychiatry
University of Pittsburgh School of Medicine
Western Psychiatric Institute and Clinic of UPMC
Pittsburgh, PA

Shaun M. Eack, PhD

David E. Epperson Professor of Social Work
Professor of Psychiatry School of Social Work and Department of Psychiatry
University of Pittsburgh
Western Psychiatric Institute and Clinic of UPMC
Pittsburgh, PA

Steven Forrester, MEd

Director of Service Coordination
Western Psychiatric Institute and Clinic
Comprehensive Recovery Services
Pittsburgh, PA

Susan Hogarty, RN, MSN

Psychiatric Clinical Nurse Specialist
Research Program Administrator
ASCEND Program
Western Psychiatric Institute and Clinic of UPMC
Pittsburgh, PA

Ana M. Lupu, Pharm D

Adjunct Instructor of Pharmacy and Therapeutics
University of Pittsburgh School of Pharmacy Clinical Pharmacist, Forbes Pharmacy
Western Psychiatric Institute and Clinic of UPMC
Pittsburgh, PA

Panel Moderators

Flavio Chamis

Composer, Conductor, Educator, Music Consultant and Producer

Donna McBride, LPC, NCC

C & E Arts Therapist II
Western Psychiatric Institute and Clinic of UPMC
Pittsburgh, PA

All individuals in a position to control the content of this education activity are required to disclose all relevant financial relationships with any entity producing, marketing, re-selling, or distributing health care goods or services, used on, or consumed by, patients.

The University of Pittsburgh is an affirmative action, equal opportunity institution.

Agenda

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|--------------------------|---|
| 7:30-8:30 AM | Registration and Continental Breakfast |
| 8:30 AM | Introduction and Background
<i>K.N. Roy Chengappa, MD</i> |
| 8:45-9:00 AM | The Gerard E. Hogarty Excellence in Schizophrenia Research Memorial Award
Presentation of plaque to John M. Kane, MD
<i>Susan Hogarty, RN, MSN</i> |
| | Review of Dr. Kane's work
<i>Shaun M. Eack, PhD</i> |
| 9:00-10:00 AM | Gerard E. Hogarty Excellence in Schizophrenia Research Memorial Lecture:
"Lessons Learned From RAISE-ETP: Where Do We Go from Here?"
<i>John M. Kane, MD</i> |
| 10:00-10:15 AM | Break |
| 10:15-11:15 AM | "Evidence-Based Psychotherapy for Schizophrenia: Past, Present, and Future"
<i>Shaun Eack, PhD</i> |
| 11:15 AM-12:15 PM | "Deprescribing Anticholinergic Medications in Schizophrenia"
<i>Kimberly Clinebell, MD; Ana Lupu, Pharm D</i> |
| 12:15-1:30 PM | Lunch (on your own) |
| 1:30-2:30 PM | "The Impact of Blended Service Coordination on Clinical Outcomes Achieved by Persons with a Mental Illness: It's All About the Relationship"
<i>Steven Forrester, MEd</i> |
| 2:30-2:45 PM | Break |
| 2:45-3:45 PM | "Targeted Treatment of Schizophrenia Symptoms with Non-Invasive Brain Stimulation"
<i>Brian Coffman, PhD</i> |
| 3:45-4:45 PM | Panel with Q & A: Art and Music in Mental Illness
<i>Moderated by: Flavio Chamis, Composer, Conductor, Educator, Music Consultant and Producer; and Donna McBride, MA, LPC, NCC</i> |
| | <i>Individuals receiving services and their family members will participate as panel members.</i> |
| 4:45 PM | Closing Remarks and Adjournment
<i>K.N. Roy Chengappa, MD</i> |

Continuing Education Credit

Physicians

The University of Pittsburgh School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of Pittsburgh School of Medicine designates this live activity for a maximum of 6.5 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Physician Assistants

This activity is approved for 6.5 AAPA Category 1 Credits. PAs should only claim credit commensurate with the extent of their participation.

Psychologists

Western Psychiatric Institute and Clinic of UPMC is approved by the American Psychological Association to offer continuing education for psychologists. Western Psychiatric Institute and Clinic of UPMC maintains responsibility for this program and its content. This program is being offered for 6.5 continuing education credits.

Certified Alcohol and Drug Counselors/Certified Co-Occurring Disorders Professionals (CADC/CCDP):

The Office of Education and Regional Programming, Western Psychiatric Institute and Clinic of UPMC is certified by the Pennsylvania Certification Board (PCB) to provide Certified Alcohol and Drug Counselor (CADC) and Certified Co-Occurring Disorders Professional (CCDP) continuing education credits. This program is being offered for 6.5 continuing education credits.



Counselors

Western Psychiatric Institute and Clinic of UPMC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5059. Programs that do not qualify for NBCC credit are clearly identified. Western Psychiatric Institute and Clinic of UPMC is solely responsible for all aspects of this program. This program is being offered for 6.5 continuing education hours.

Licensed/Clinical Social Workers, Licensed Professional Counselors, Licensed Marriage and Family Therapists: LSW/LCSW/LPC/LMFT

This program is offered for 6.5 hours of social work continuing education through co-sponsorship of the University of Pittsburgh's School of Social Work, a Council on Social Work Education-accredited school and, therefore, a PA pre-approved provider of social work continuing education. These credit hours satisfy requirements for LSW/LCSW, LPC and LMFT biennial license renewal. For information on social work continuing education call (412) 624-3711.

Other Healthcare Professionals

Nurses and other health care professionals are awarded .65 Continuing Education Units (CEU's). One CEU is equal to 10 contact hours. **Nurses:** For attending this program you will receive a Certificate of Attendance confirming 6.5 units of continuing education. These units may be considered eligible for completing the 30 hours of continuing education required for biannual nursing re-licensure in Pennsylvania. **Peer Specialists:** This program fulfills requirements for Certified Peer Specialist continuing education.

We request that all participants complete the online survey. Everyone must sign out at the end of the program. CEU and CADC Certificates will be available once the program has ended. All other certificates will be sent via e-mail to participants once they've completed the online survey. Please keep your certificate in a safe place once you receive it. Replacement certificates cost \$30.

Registration Information

Registration with credit card payments are made at:

Fee Schedule (Online Promo Codes must be utilized to adjust the fee to the appropriate amount as indicated above).

	Before 10/23/18	After 10/23/18
Allied Health Physicians	\$100	\$125
Allied Health Professionals and UPMC Physicians	\$75	\$100
Online Registration-Use Promo Code: schizo2018.alliedprof-upmcmd		
UPMC, WPIC, PA VA Employees, PA State Hospital Staff and PA Community Mental Health Center Staff	\$65	\$85
Online Registration-Use Promo Code: schizo2018.upmc-va-hosp		
Comprehensive Recovery Services (CRS) Physicians and Staff (With continuing education credits)	\$40	\$40
Online Registration-Use Promo Code: schizo2018.crs-ce		
Comprehensive Recovery Services Staff (CRS) (No continuing education credits)	\$30	\$30
Online Registration-Use Promo Code: schizo2018.crs		
Psychiatry Residents and Medical Students (No continuing education credits)	\$25	\$25
Online Registration-Use Promo Code: schizo2018.resident		
Family Members (No continuing education credits)	\$20	\$20
Online Registration-Use Promo Code: schizo2018.family		
Patients (No continuing education credits)	no charge	no charge
Online Registration-Use Promo Code: schizo2018.patient		

If you are attending at a rate that doesn't include continuing education (CE) credits and would like to receive the credits, you'll be able to apply and pay for these at the conference.

Tuition includes:

- All registration and conference materials
- Refreshments
- **Continuing education credits except at the student, resident, family member and consumer rate.**

Instructions for registering online:

1. Go to:
<https://upmc.asapconnected.com/CourseDetail.aspx?CourseId=183456>
2. Scroll to the bottom of the page and click on 'Register Now'
3. If the name of the conference you want appears under 'Shopping Cart', click on 'Checkout' (think of this as 'continue').
4. Register as a new registrant or sign in if you already have an account (username is your e-mail).
5. When the name of your conference or class appears, click on 'Checkout' (again, think of this as 'continue')
6. Continuing Education Credit – Use dropdown list for credential or choose Not Applicable (you must complete this). Click on 'continue'.
7. Enter your promotional code if applicable (please see above). **Please don't forget to click on 'Apply to Total'!**
8. Add credit card information if applicable and click on 'Process Payment'.
9. Complete Transaction and print your receipt.

Please direct general questions and requests to pay via a Journal Transfer to Nancy Mundy at mundynl@upmc.edu or 412.204.9090. Full tuition must accompany registration. A \$25 administrative fee will be deducted from all refunds for cancellations. No refunds can be issued once the program has begun. Please register by **October 23, 2018** to take advantage of the lowest tuition rate.



*We encourage participation by all individuals. If you have a disability, advance notification of any special needs will help us better serve you. Please notify us of your needs at least **two** weeks in advance of the program by calling Nancy Mundy at 412-204-9090.*

Location

Sheraton Hotel at Station Square

300 West Station Square Drive
Pittsburgh, PA 15219
Telephone: 412.261.2000

A block of rooms has been reserved at the Sheraton Station Square where the conference will be held. The room rate is \$189, plus tax and fees, for a single or a double room. When calling for reservations, please identify yourself as being with the "35th Annual Pittsburgh Schizophrenia Conference" to benefit from these reduced rates. **Room availability cannot be guaranteed after October 14, 2018.**

Registration Form

35th Annual Pittsburgh Schizophrenia Conference (MD26)-Friday, November 16, 2018

Please type or print; photocopy for additional registrants. Register by October 23, 2018 for lowest tuition rate.

Social Security Number (Last five digits only):		--			
First Name:		Last Name:			
Degree(s) to be noted on name badge (e.g. MD, PhD)					
Institutional Affiliation:					
Address:					
Address 2:					
City:		State:		Zip	
County:					
Day Telephone:					
E-Mail Address:					

For Continuing Education purposes, please check if you are: <input type="checkbox"/> CADC/CCDP <input type="checkbox"/> NBCC Counselor <input type="checkbox"/> Nurse-Gen. CEU <input type="checkbox"/> Psychologist <input type="checkbox"/> CME (Physician) <input type="checkbox"/> Social Worker (LSW/LCSW/LPC/LMFT) <input type="checkbox"/> Certified Peer Specialist					
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Please make credit card payments at our online registration site
<https://upmc.asapconnected.com/CourseDetail.aspx?CourseId=183456>

For checks or department journal transfers:

Tuition amount \$ _____

- Check** (Payable to OERP/WPIC) Check# _____
- UPMC Account Transfer** Business Unit _____ Dept. ID _____
- Administrator Name _____

Administrator Signature _____

Check or UPMC Account Transfer payments must be sent in with this form to:
 Attn: Nancy Mundy
 WPIC/OERP
 3811 O'Hara Street
 Champion Commons Building, Room 322 Pittsburgh, PA 15213

Fax: 412-204-9110
 Telephone: 412-204-9090
 E-MAIL: mundynl@upmc.edu www.wpic.pitt.edu/oerp

**Western Psychiatric Institute and Clinic of UPMC
Office of Educational Resources and Planning
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